

TRUST YOGA CLASS SCHEDULE (STANLEY STREET)

(02- 08 Mar 2026)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	2/3/2026	3/3/2026	4/3/2026	5/3/2026	6/3/2026	7/3/2026	8/3/2026
8 30- 9 30am						Hip Opening <Nava>	Yoga Stretch <Shiou An>
9 45- 10 45am					Hip Opening <Trudy>	Neck, Back & Shoulder <Nava>	Shoulder Opening <Shiou An>
11 00- 12 00pm	Inversion <Shiou An>	Yoga Stretch <Rahul>	Hip Opening <Suann>	Yoga Stretch <Suann>	Yoga Flow <Trudy>	Wheel Yoga <Nava>	Forward bend <Shiou An>
12 15- 1 15pm	Backbend <Rahul>	Hatha Intermediate <Rahul>	Basic Inversion <Suann>	Shoulder Opening <Suann>	Body Opening <Shiou An>	Yoga Stretch <Rahul>	
4 00- 5 00pm						Hatha Yoga (1 30- 2 30pm) <Rahul>	Hatha Intermediate (1 30- 2 30pm) <Trudy>
5 15- 6 15pm						Vinyasa (2 45- 3 45pm) <Rahul>	Hip Opening (2 45- 3 45pm) <Trudy>
6 30- 7 30pm	Yoga Stretch <Rahul>	Hip Opening <Rahul>	Wheel Yoga <Suann>	Backbend <Suann>	Splits <Shiou An>		
7 45- 8 45pm	Hatha Intermediate <Rahul>	Backbend <Rahul>	Yoga Flow <Trudy>	Yoga Twist <Suann>	Inversion <Shiou An>		

FOR RESERVATIONS, WHATSAPP 97687133/97887936

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